

Gallatin City-County Health Department offers
Prenatal & Parenting Classes
2009 schedule July - December

All classes are held at the Gallatin City-County Health Department located at 215 W Mendenhall , in Bozeman.

To register for a class, please call 582-3100.

Classes are free & last approximately 1 1/2 hours.

For more information call 582-3100 or visit our website at www.gallatin.mt.gov/health
click on Human Services then click on Public Health Home Visitation

BREASTFEEDING

- Establishing & maintaining breastfeeding
- Benefits of breastfeeding for mom & baby
- Common questions and concerns
- Community resources

July 7th 1:30pm
August 5th 1:30pm
September 2nd 6:00pm

October 20th 1:30pm
November 4th 6:00pm
December 15th 1:30pm

ARE YOU READY? LABOR AND DELIVERY

- Signs & stages of labor
- Positioning and relaxation
- Hospital routines

July 15th 6:00pm
August 11th 6:00pm
September 9th 6:00pm

October 6th 6:00pm
November 10th 6:00pm
December 8th 6:00pm

ENJOYING YOUR NEWBORN

- Newborn characteristics
- Physical & emotional needs of mom & baby
- Tips to guide you through babys development

July 22nd 1:30pm
August 19th 6:00pm
September 23rd 1:30 pm

October 21st 6:00pm
November 18th 1:30pm
December 16th 6:00pm

